

Arbor Acres
Arborview

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1 Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Double Kickball 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 Cornhole 6:30 New Yr Magnetiles 7:30 Neighborhood Chat</p>	<p>2 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Room to Room 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Pillow Tossing 7:30 Neighborhood Chat</p>	<p>3 Storytelling</p> <p>10:00 Brainfitness 11:00 Lower Body Exercise 1:30 Weight Lifting 3:00 Tai Chi 4:15 Amy Wright 6:30 How much Does it Cost? 7:30 Neighborhood Snack & Chat</p>	<p>4 Deep breathing</p> <p>10:00 The Big Book of Questions 11:00 Mrs. Cottontail 1:30 Zuri the Mastiff 2:00 Walking Club 3:15 Pat Wade (W) 4:00 BINGO 6:30 Relaxation Techniques 7:30 Neighborhood Snack & Chat</p>	<p>5 Sunrise Chats</p> <p>10:30 Larry Pope 11:30 Bucket Ball 2:00 Walking Club 4:00 Meet me in the Bakery 7:00 Scrapbooking</p>	
		<p>6 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Exercise Bands 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 7:00 Design Studio</p>	<p>7 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Nancy Mcgimsey 1:30 Cricket the Yorkie 2:30 Walking Club 3:00 Clicheable's 4:00 In the Kitchen 6:30 A-Z Norman Rockwell 7:30 Neighborhood Chat</p>	<p>8 Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Double Kickball 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 Stretch Bands 6:30 Stretch Class 7:30 Neighborhood Chat</p>	<p>9 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions & Coffee 4:00 Vespers (WC) 6:30 Domino's 7:30 Neighborhood</p>	<p>10 Storytelling</p> <p>10:00 Cooking with Martha (AR) 11:00 Balloon Exercise 1:30 Weight Lifting 2:00 Walking Club 3:00 Small Groups 4:15 Amy Wright 6:30 Ronnie Reeves 7:30 Neighborhood</p>	<p>11 Deep breathing</p> <p>10:00 Spa Day 11:00 Disc Golf 1:30 Zuri the Mastiff 2:00 Walking Club 3:00 Let's Travel to Alaska 4:00 Levon Myers (A) 6:30 Relaxation Techniques 7:30 Neighborhood</p>
<p>13 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Tai Chi Video Guide 2:00 Walking Club 3:00 Emmet the Dog 4:00 Church Service (WC) 6:15 Frank Fratoni in Concert</p>	<p>14 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Cricket the Yorkie 2:00 Walking Club 3:00 The FARE Singers 4:00 Ladder Ball 6:30 Detective Game 7:30 Neighborhood Chat</p>	<p>15 Sunrise Chats</p> <p>10:00 Let's Make Art 11:00 Mrs. Cottontail 1:30 Strength Training 2:00 Walking Club 3:00 Table Top Game 4:00 AA Sing A Long 6:30 Bowling Tournament 7:30 Neighborhood Chat</p>					

Key:

Arborview

Atrium (A)

Activity Room (AR)

Fitzgerald Place

Willingham Court (WC)

Brock Court (BC)

Please contact
Joy Saylor @
jsaylor@arboracres.org

Arbor Acres
Arborview

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Key:

Arborview

Atrium (A)

Activity Room
(AR)

Fitzgerald Place

Willingham
Court (WC)

Brock Court
(BC)

Please contact
Joy Saylor @
jsaylor@arboracres.org



				<p>16 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions 4:00 Vespers (WC) 6:30 Spin the Bottle 7:30 Neighborhood-Chat</p>	<p>17 Storytelling</p> <p>10:00 Brainfitness 11:00 Noodle Ball 1:30 Weight Training 2:00 Walking Club 3:00 Tai Chi Class 4:00 Music with Amy 6:30 Nail Studio 7:30 Neighborhood Chat</p>	<p>18 Deep breathing</p> <p>10:00 Marbles 11:00 Disc Golf 1:30 Zuri the Mastiff 2:00 Walking Club 3:00 Jewelry Making 4:00 Jaye Pierce (W) 6:30 Relax Techniques 7:30 Neighborhood Chat</p>	<p>19 Sunrise Chats</p> <p>10:30 Morning News (AR) 11:30 Bowling 2:00 Walking Club 4:00 Meet me in the Bakery 7:00 The Big Picture</p>
<p>20 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Ring Toss 2:00 Walking Club 3:00 Emmet the Dog (WC) 6:15 Frank Fratoni in Concert</p>	<p>21 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Zac Messick 1:30 1:1 with Cricket 2:00 Walking Club 3:00 Canvas Art 4:00 Circle Game 6:30 Let's Take a Stroll 7:30 Night at the Museum Theatre</p>	<p>22 Sunrise Chats</p> <p>10:00 Art with Cindy 11:00 Slow Stretches 2:00 Walking Club to Brock Court 3:00 Table Top Game 4:00 Cooking with Peanut Butter 6:30 Word Bingo 7:30 Neighborhood Chat</p>	<p>23 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions & Coffee 4:00 Vesper's (WC) 6:30 Dance with Staff 7:30 Neighborhood</p>	<p>24 Storytelling</p> <p>10:00 Brainfitness 11:30 Lower Body Exercise 1:30 Weight Lifting 2:00 Walking Club 3:00 Small Groups 4:00 Music with Amy 6:30 Group Game 7:30 Neighborhood Chat</p>	<p>25 Deep breathing</p> <p>10:00 Spa Day 11:00 Disc Golf 1:30 Zuri the Mastiff 2:00 Walking Club 3:00 Birthday Party 4:00 Lauren Venable 6:30 Relaxation Techniques 7:30 Neighborhood Chat</p>	<p>26 Sunrise Chats</p> <p>10:30 Robbie & Betty Vance (WC) 11:30 Bucket Toss 2:00 Walking Club 4:00 Meet me in the Bakery 7:00 Giant Hangman</p>	
<p>27 Deep Breathing</p> <p>10:30 Mind Joggers 11:00 Let's Exercise 2:00 Walking Club 3:00 Emmet the Dog (WC) 6:15 Frank Fratoni in Concert</p>	<p>28 Morning Wake Up</p> <p>10:00 Brainfitness 11:00 Levon Myers (W) 1:30 1:1 with Cricket 2:00 Walking Club 3:00 Collage Art 4:00 Sentimental Journey Show 6:30 Let's Take a Stroll 7:30 Neighborhood</p>	<p>29 Sunrise Chats</p> <p>10:00 Art with Cindy 11:00 Slow Stretches 2:00 Walking Club to Brock Court 3:00 Table Top Game 4:00 AA Sing A Long (BC) 6:30 Domino's 7:30 Neighborhood Chat</p>	<p>30 Bedside Stretches</p> <p>10:00 Brainfitness 11:00 Keith Byrd 1:30 Rick Steve's Travel 2:00 Walking Club 3:00 Devotions & Coffee 4:00 Vesper's (WC) 6:30 Clay Class 7:30 Neighborhood</p>	<p>31 Storytelling</p> <p>10:00 Brainfitness 11:30 Noodle Ball 1:30 Weight Lifting 2:00 Walking Club 3:00 Tai Chi Class 4:00 Music with Amy 6:30 Postcard Travel 7:30 Neighborhood-Chat</p>			